

# Healthy U series

What every *body* should know for a healthier you.



Join us for this informative  
public lecture series

## The Skinny on Weight Loss!

*Explore the basics  
of good nutrition  
and how to lose  
weight safely.*

**Tuesday**  
**January 23, 2018**  
**6:30–7:30 p.m.**

**Center for the Sciences and Pharmacy  
Room 300**

Free and open to the public and the  
Western New England University community.  
Visit [wne.edu/healthyu](http://wne.edu/healthyu) to learn about  
upcoming topics.

Tired of dieting? Had it with fads? Ready to reveal the real you by making permanent lifestyle changes that positively impact your health? Did you know that you can improve your health and reduce your risk of chronic disease and improve your quality of life with a weight loss of just 5%? Research shows that shedding 5-10% of your body weight lowers the risk of developing diseases associated with obesity such as heart disease, diabetes, cancer, sleep apnea, elevated triglycerides, and osteoarthritis!

The Skinny on Weight Loss will discuss the basics of good nutrition, how to lose weight in a safe way, and the challenges associated with losing weight and staying motivated. Please join us for an informative discussion.

### Dr. Melissa Mattison



*Clinical Assistant Professor  
of Community Care  
College of Pharmacy and Health Sciences  
Western New England University*

Dr. Mattison is the clinical director of the Community Patient Care Center on Western New England University's campus and also spends one day per week at the Huntington Health Center as a pharmacy specialist.

Dr. Mattison's areas of interest include health and wellness, motivational interviewing,

MTM, self-care, and disease prevention. Dr. Mattison engages learners in the classroom teaching Self-Care Therapeutics, Professional Pharmacy Practice lab, and a Health, Wellness, and Fitness elective.

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